

# Family and Child Development

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## V(A). Planned Program (Summary)

### 1. Name of the Planned Program

Family and Child Development

## V(B). Program Knowledge Area(s)

### 1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
802	Human Development and Family Well-Being	70%	100%		
803	Sociological and Technological Change Affecting Individuals, Families and Communities	10%	0%		
806	Youth Development	20%	0%		
<b>Total</b>		<b>100%</b>	<b>100%</b>		

## V(C). Planned Program (Inputs)

### 1. Actual amount of professional FTE/SYs expended this Program

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	19.7	3.9	0.0	0.0
<b>Actual</b>	23.6	4.3	0.0	0.0

### 2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
<b>Smith-Lever 3b &amp; 3c</b> 428245	<b>1890 Extension</b> 227566	<b>Hatch</b> 0	<b>Evans-Allen</b> 0
<b>1862 Matching</b> 516540	<b>1890 Matching</b> 253279	<b>1862 Matching</b> 0	<b>1890 Matching</b> 0
<b>1862 All Other</b> 1900927	<b>1890 All Other</b> 512970	<b>1862 All Other</b> 0	<b>1890 All Other</b> 0

## **V(D). Planned Program (Activity)**

### **1. Brief description of the Activity**

The primary activities in this area are 9 statewide Extension Team Projects. These are:

ETP13A-Healthy Families, Healthy Communities: HFHC address the changing demographics in Alabama for community-based services; address the health care needs of Alabama citizens by providing Medicare Part D assistance and contacts with other governmental agencies during Caregiving workshops, train community leaders and volunteers to assist in caring for others; enhancing possibilities for employment as home care companions, esp rural areas. Ongoing research with caregivers

ETP13B-Child Care Provider Education: Project addressed educational needs of child care providers licensed to care for children in center-based or home-based businesses and child caregivers, including relative care providers and individuals working in exempt care facilities. Provided training to regulated workers who required annual training in areas of: child development, language development, discipline, quality child care, working with families, and health and safety. Activities occur in varied community settings accessible to providers, through a series of two or more facilitative, group-focused workshops that includes brief presentations, in-session activities, and group discussions

ETP13C - Family Development Credential Training

ETP13D-Grande RAPP Grandparents and Relatives as Parents Program - U&NNTP: Grandparents and Relatives as Parents Program is an urban program that addresses, through support groups and educational programs, the multiple issues grandparents and relatives face while serving as surrogate parents

ETP13E-Successful Aging Initiative - U&NNTP: ACES's Urban unit has partnered with the state of Alabama's Bureau of Geriatric Psychiatry (Bureau) to deliver educational and training programs designed to address issues relevant to aging/dementia and associated health, financial and legal education

ETP13G-Strengthening Relationships and Marriages: The project provided individuals/couples with the knowledge and skills necessary for positive adult relationships. Participation in the project will include implementing research-based relationship education curricula in professionally facilitated community education programs. Participants were: married, unmarried couples, single adults, single parents, or youth. Objectives: reduce the risk factors for unhealthy and unstable relationships and increase or improve the factors that are associated with couple quality and stability

ETP13H-Parenting in Nontraditional and Under Served Urban Families Program- U&NNTP: The purpose of this project is to build a capacity for understanding and engagement of ACES Family and Child Development professionals in the appreciation for and implementation of parenting techniques designed to address the needs of nontraditional and underserved populations. The programs in this project emphasize the importance of parents maintaining a healthy relationship with each other after separation, divorce or if they were never married

ETP13I-Parenting: BEE (Begin Education Early, First Years Count, Partners for Tomorrow) is to facilitate competencies in parents of children between the ages of 0-5, such as child development knowledge, relationship-strengthening, and skills to promote children's learning and social success. Participants receive home-based or van-based visits from trained parent educators over a minimum period of 3 months. Non-funded programs: Stay Connected is designed for parents and adolescents and emphasizes healthy adolescent development. Nurturing Parenting curricula addresses issues from prenatal through adolescent development. Programs activities occurred in varied settings

Each project includes a variety of educational activities. Detailed descriptions of the activities of these projects are available on the ACES intranet.

**2. Brief description of the target audience**

The primary target audiences are parents and grandparents.

ETP13A-Healthy Families, Healthy Communities target audience includes the chronically ill, disabled, elderly and people with special needs

ETP13B-Child Care Provider Education target audience includes child care providers licensed to care for children

ETP13C - Family Development Credential Training

ETP13D-Grande RAPP target audience includes all grandparent and relatives that serve as surrogate parents

ETP13E-Successful Aging Initiative - U&NNTP will include those of the aging population and those who suffer with dementia

ETP13G-Strengthening Relationships and Marriages has a target audience of married,unmarried couples, single adults, single parents, or youth

ETP13H-Parenting in Nontraditional and Under Served Urban Families Program- U&NNTP - Parents in nontraditional and under served urban areas.

ETP13I-Parenting: Parents and adolescents. BEE programs is specifically for children ages 0-5.

**V(E). Planned Program (Outputs)****1. Standard output measures****Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	42000	165000	20000	75000
2008	34872	1029542	8249	277277

**2. Number of Patent Applications Submitted (Standard Research Output)****Patent Applications Submitted**

**Year      Target**

**Plan:**    0

2008:    0

**Patents listed****3. Publications (Standard General Output Measure)****Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	0	
2008	5	0	5

**V(F). State Defined Outputs****Output Target****Output #1****Output Measure**

This program area will include numerous output activities and methods as part of the Extension Team Projects (ETPs) which are described/explained in the prior "outcome activities and methods sections." The success of many of these outcomes will be formally evaluated/measured by using individual activity evaluation forms designed specifically for each activity, the success of other activities and methods will be measured by the level of participation in the activity. In the target boxes below for each year, we are indicating the number of individual activities within the ETPs for this program area that will be formally evaluated using an evaluation instrument designed specifically for that activity.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	9	0

**Output #2****Output Measure**

In ETP 13d Grand RAPP-Grandparents and Relative as Parents Program an output target is educational programs presented to adults within the state to address caregiver issues and the organization of community networks to identify supporters who represent grandparents and relative caregiver issues.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	0

**Output #3****Output Measure**

Through ETP 13e approximately 250,000 people are expected to be reached directly and indirectly. This ETP program targets limited resource older adults, their families and caregivers in Alabama's under-served urban and rural communities.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	0

**Output #4****Output Measure**

ETP13H - Parenting in Nontraditional and Under Served Urban Families Program is designed to build capacity for understanding and engagement of ACES Family and Child Development professionals in the appreciation for and implementation of parenting techniques designed to address the needs of nontraditional and underserved populations through a series of parenting workshops developed with the use of identified curriculum: Principles of Parenting, Basic Parenting, ABC's for Parenting and Nurturing Parenting Program.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	0

**Output #5****Output Measure**

Through ETP 13e approximately 250,000 contacts were made through direct and indirect involvement with the general public, limited resource older adults, their families and caregivers in Alabama's under-served urban and rural communities through SAI conferences, workshops and seminars.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	0

**Output #6****Output Measure**

13A Healthy Families, Healthy Communities - The need for providing informal care for a chronically ill, disabled or aging family member in the homes of Alabama has grown to approximately 500,000, with most living in rural area. The Caring for Caregivers project includes a research portion that is conducted by ACES and the School of Nursing. This ETP also provides many family oriented classes to enhance the family relationship between the parents and the children. Classes are taught to educate families on conflict resolution, Stress, Anger and Time Management, multiple parenting classes, and emergency preparedness. Our direct contact with youth was 4,385 and adults numbered 6620. Non face-to-face calculations are 634,039.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	0

**Output #7****Output Measure**

13B Child Care Provider Education - Agents and grant-funded mentors addressed multiple educational needs with 4071 licensed and potential child care providers through workshops. There was one-on-one mentoring visits to family child care providers. Mentors made 5827 training visits on a weekly or bi-weekly basis with an average visit of approximately 2.5 hours. The mentors rated provider practices biannually across seven subscale of items indicating caregiving quality. An increase of .50 is considered to be a significantly observable change in practices.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	0

**Output #8****Output Measure**

13G - Strengthening Relationships and Marriages - The distribution of nearly 100,000 Alabama Marriage Handbooks throughout the State and over 10,000 Healthy Marriage Handbooks were distributed in other states. In 2008, over 50 teachers, community educators, and Alabama Cooperative Extension System employees attended a 2-day RS+ trainings held in January, 2008. During the 2008 year, we were reached over 1400 youth in over 20 Alabama counties. The youth received lessons from the RS+ curriculum. We have pre- and post-program data on 678 of the adults who completed the classes in 2008. Participants in the evaluation study are primarily ethnic minority and low-resource YOUTH Participants; NON-SCHOOL-BASED DELIVERY

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	0

**Output #9****Output Measure**

ETP 13I Parenting - (BEE -Beginning Education Early)Pre- and Post- program interview/surveys of parental self-reports of changes in their relationships with their children. Pre- and post- program interview/surveys of parental reports of change in their knowledge and attitudes about key parenting behaviors (progress through stages of change).

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	0

**V(G). State Defined Outcomes**

O No.	Outcome Name
1	A major outcome will be the number of parents who participate in Extension sponsored parenting training.
2	Each ACES employee is required to provide a success story on the program activity which they felt best demonstrates the impacts of their work. These success stories contain the following elements: Why: Explain the reason the program was done, or the situation or problem that the program addressed What: Specifically what was done and how it was done. When: If this was a one-time event, the date it occurred. If it is was a series of events, or an on-going program, when it began. Where: Specific location-- the county or counties involved. Who and how many: The "who" includes both who did the program and who were the clients of the program, as well as how many people were served. So what: This is the part that gives the real meaning to "success". The basic question to be answered in this part is "what difference did this program make". The difference may be measured in terms of dollars, or in changes in habits, lifestyles or attitudes. Whenever possible use numbers to show the effect of the program. If it is not possible to use numbers, provide a qualitative measurement like client comments or another type of testimonial about the program. Since this program area is very broad in scope and contains multiple Extension Team Projects which have different outcomes measures, the impacts for this program area are best measured in the number and quality of the success stories generated by the individuals who work on these projects. Therefore, one very significant outcome measure is the number of success stories generated.
3	The participants in eleven support groups participated in educational programs presented in their local communities. Three community networks were organized across the state. These community networks spanned 11 counties.
4	Through ETP 13e approximately 250,000 contacts were made through direct and indirect involvement with the general public, limited resource older adults, their families and caregivers in Alabama's under-served urban and rural communities through SAI conferences, workshops and seminars.
5	ETP 13h participants, nontraditional families with children 0 to 18, engaged in workshops and seminars with the objective of reducing risk factors and increasing protective factors within these families.
6	ETP 13A Healthy Families, Health Communities In 2008, the second year of the Caring for Caregivers project, trainings were conducted in Barbour, Calhoun, Chambers, Colbert, Covington, Cullman, Lawrence, Lee, Mobile, Morgan, Talladega, Tallapoosa, Randolph, Russell, and Sumter. During the trainings, we had direct contact with an audience of over 600 persons. We have enrolled 122 Caregivers to provide feedback over a six-month period on the knowledge and skills related to caregiving during the fiscal year. All participants received a manual entitled Alabama Home Caregiver. This book has been shared into multiple states reaching audiences abroad. The demographic data for was 91.6% female, 43.6% married, 65.3% Black, 34.5% White, and at least 47% completed high school.
7	ETP 13B Child Care Provider Education - reports an average increase of 25% in knowledge gained as reported by workshop participants using retrospective pre/post training tests. The mentors reported an average provider's FCCERS score across all six subscales increased from 4.10 (189 providers) to 5.07 (174 providers). Observably significant increases were seen on the following subscales: Personal Care and Routines (+.68); Learning Activities (+.95); Program Structure (+1.05). An observable significant decrease was seen on the Interaction subscale (-1.73).
8	13G - Strengthening Relationships and Marriages: We collected data from 2,094 of the youth participants who completed the relationship education classes in 2008. Participants are primarily ethnic minority and low-resource. A total of 1422 high school students (46% Male, 54% Female) in health classes that are being taught in public schools across the state of Alabama received relationships education classes. The youth were 16-17 years of age; 48% were African American; 43% were European American; 4% were Hispanic/Latino; 2% were Native American; 1% was Asian American, and 2% were multiethnic. ETP13A reported reaching 715 youths and 5318 adults during the 2008 year. The number of youth reached during the year exceeds the 715 reported as there are many non-extension community workers implementing the goals set forth in ETP13G.
9	ETP 13I Parenting - Reported changes in self-reported changes in the parent-child relationship. After participating in the program, 98% of the parents reported that their participation had influenced their relationship with their children. In open-ended questions, 91% of the participants identified specific ways in which their relationship with their children had been positively influenced by the program. Most parental comments reflected increased involvement, attention, or affection to their children (62%) or increased understanding or patience with the child (20%). After completing the program, many parents were able to elaborate on measures of preparing their preschool-aged children for school. The percentage of parents reporting behaviors encouraging language skills increased from 51% to 55%; reports of behaviors fostering children's self-control increased from 2% to 10%.



**Outcome #1**

**1. Outcome Measures**

*Not reporting on this Outcome for this Annual Report*

**2. Associated Institution Types**

**3a. Outcome Type:**

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
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**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
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**V(H). Planned Program (External Factors)**

**External factors which affected outcomes**

Natural Disasters (drought,weather extremes,etc.)  
Economy  
Appropriations changes  
Public Policy changes  
Government Regulations  
Competing Public priorities  
Competing Programmatic Challenges  
Populations changes (immigration,new cultural groupings,etc.)

**Brief Explanation**

As indicated above by the checked boxes, there are many external factors that have affected our programs for 2008. The factor with the greatest impact was the economy. This factor poses a problem in transportation to meeting, funds to hire sitters for the participants' children or for the adults that receive their care from potential participants, and limited agent transportation. The government changes in appropriations to the universities will directly affect the funds and our ability to offer programs in communities. The number of programs and the repetition of the programs will limited.

**V(I). Planned Program (Evaluation Studies and Data Collection)**

**1. Evaluation Studies Planned**

Before-After (before and after program)  
During (during program)  
Comparisons between program participants (individuals,group,organizations) and non-participants



## Evaluation Results

ETP13A Pre and post evaluations are given to all participants to gauge knowledge learned during the 12 hour sessions to a training program for adults who provide care for family members and others with serious illness or disabilities. The overall results of the caregiver's knowledge increased from very low to very high between the pre-test and the post-test training evaluations. There was very little change in the skills of the caregiver from month 3 to month 6. There was a slight increase in skills from month 3 to month 6.

ETP13B The statewide providers are rated by mentors on practices that indicate caregiving quality (Space & Furnishings, Personal Care & Routines, Listening & Talking, Learning Activities, Interaction, Program Structure Parent and Provider). A total of 6 family child care providers participating in the mentoring program met national accreditation-level standards, as certified by independent observers from the National Association of Family Child Care. 18,840 training hours were awarded to providers and contributed to their requirements to meet state re-licensure. The mentors reported an average provider's FCCERS score across all six subscales increased from 4.10 (189 providers) to 5.07 (174 providers). Observably significant increases were seen on: Personal Care and Routines (+.68); Learning Activities (+.95); Program Structure (+1.05). An observable significant decrease was seen on the Interaction subscale (-1.73).

The evaluations for ETP13d revealed: increased number of support groups and community networks organized, increased parental knowledge of the developmental needs of children; increased grandparents and relative caregiver's knowledge and participation in support groups for the enhancement of their social networks to alleviate loneliness and isolation.

Participants demonstrated behavior change as measured by the UCLA Loneliness Scale, the Mastery Scale, and the Perceived Stress Scale. Knowledge gained was demonstrated in: cost saving resources and opportunities for services and the use of cutting edge clinical programs and research that directly impact aging and related legal issues. Participants stated, "the *Records and Important Papers*" brochure and the Successful Aging Bag, a vinyl portfolio designed to centrally store one's important estate planning documents are wonderful documents".

ETP13G Evaluations Results found for ACHMI's initial assessments of change among participants indicate that nearly every targeted dimension for adult participants showed statistically significant change over time in a desirable direction. In addition, both men and women appear to benefit similarly after participation in a MRE program on nearly every targeted area of individual functioning and relationship quality and behaviors. There are some differences between European Americans and African Americans in changes in individual and relational functioning after MRE participation (i. e., on measures of assertiveness, individual functioning, and parental efficacy). Overall, however, both European Americans and African Americans appear to benefit in similar ways after participation in a MRE program.

ETP13H-Nontraditional and underserved parents gained knowledge in new practices and techniques for managing and developing parenting techniques that allowed them to develop better parent-child relationships, stress management and coping strategies and the importance of positive co-parenting after divorce or separation.

ETP13I -Evaluations forms are completed by 50 families in our targeted audience. Evaluations indicated that we were successful in reaching our target audience. Changes were noted in parents relationships with their children.

## Key Items of Evaluation

Evaluation reports of the Successful Aging Initiative revealed that participants stated, "I used the Successful Aging Bag to get my important papers organized". The Successful Aging Bag is designed to centrally store estate planning documents. The bags were distributed to approximately 3500 seniors across the state and each bag contained *Records and Important Papers booklets* (booklet indicating information to gather) *A Gift for Your Life* (contains advance directives and other healthcare forms). Approximately 75% of the participants completed wills and developed advance directives.

Alabama Home Caregiver manuals were distributed to over 700 caregivers. A thank you card was hand written to express the thanks of a participant. The participant was from Jacksonville, AL, and stated that the manual was a tool that all people providing care should have in their homes. The manual was also requested as a guide from the Extension System of Hawaii. Collaboration of community partners are providing awareness to caregivers and resources to assist in their daily challenges of caring for those in need. A widower was attending a class and heard the presentation from the Veteran Administrator representative and realized that she should be receiving her husband's benefits because he served in World War II. This was an additional income that she didn't know existed.

Alabama Community Healthy Marriage Initiative (ACHMI) Distribution of nearly 100,000 Alabama Marriage Handbooks throughout the State and over 10,000 Healthy Marriage Handbooks in other states. In 2008, Over 50 teachers, community educators, and Alabama Cooperative Extension System employees attended a 2-day RS+ trainings held in January, 2008. During the 2008 year, over 1400 youth in over 20 Alabama counties received lessons from the RS+ curriculum. Sponsorship of Statewide 8th Grade "Best Marriage I Know" conference; Reception for winners held at the Governor's Mansion

Pre-test 82% of parents are acknowledge that children need parents support, post-test 98% agreed to remember this on a regular basis. Pre-test 38% parents acknowledged that children can learn without being spanked, post-test 74% acknowledged other measures besides spanking.

Family Child Care Partnerships (FCCP) focuses on the providers who often have limited exposure to opportunities for training and professional networking. One of the goals of FCCP is to move the provider beyond minimum to highest standard of care. 6 Family Child Care providers participating in the mentoring program met national accreditation-level standards.